



LADDER ASCENT AND DESCENT TEST

This test will assess your ability to work at heights. To complete the test successfully you will need to show confidence and apply the correct technique to climb the ladder.

- You will be required to climb the ladder to two-thirds of its height, take a leg lock, release your hands from the ladder, lean back and outstretch your arms.
- The facilitator will then tell you to regain your handhold, remove the leg lock and you are to descend to the ground. You should complete this task in a safe and controlled manner. You will be wearing a full body harness and will be attached to a fall-arrest device.

A safety officer will now demonstrate, emphasising the correct techniques

- The jack beam is not the first step onto, or the last step off the ladder.
- When descending you will be counted down 3, 2, 1 by a member of staff until you reach the ground.
- Before getting on the ladder you must give the command 'foot the ladder', do not get onto the ladder until the order 'ladder footed' is given back by the facilitator.
- You should start with a grip on the round at shoulder height with either hand.
- While ascending and descending your left arm moves with your left leg, and your right arm moves with your right leg.
- When you reach the required height both feet should be placed on the same round, as should your hands.
- While descending you will hear the order 'PAWLS. STEP IN.' at this point you should take more care, as you are approaching an overlap between ladder sections. You should feel for the overlap with your feet. (Point out the overlaps and stress that this does not mean pause)
- You must not let go of the ladder until told to do so by the facilitator.